

One Week Sample Menu - Westdean

	Breakfast	Lunch	Tea	Supper
Monday	Toast and Cereals	Chip Butties Cornetto's	Beef stew and dumplings Arctic Roll	Biscuits Etc
Tuesday	Toast and Cereals	Sardines on toast Muller rice	Sweet & Sour pork with rice Fresh cream donoughts	Biscuits Etc
Wednesday	Toast and Cereals	Sausage / Cheese & Onion rolls Cakes	Braising steak with vegetables and gravy Angel delight	Biscuits Etc
Thursday	Toast and Cereals	Cheese and Tomato toasties Choc Ices	Chicken Curry and chips Vienetta	Biscuits Etc
Friday	Toast and Cereals	Beans on toast Jam Tarts	Gammon, Cauliflour cheese and Wedges Jelly and Icecream	Biscuits Etc
Saturday	Toast and Cereals	Poached Egg on toast Angel Delight	Quiche Salad with Jacket Potatoes Sponge & Custard	Biscuits Etc
Sunday	Toast and Cereals	Sunday Roast	Boiled Eggs with Bread and Butter Lemon Meringue Pie	Biscuits Etc